

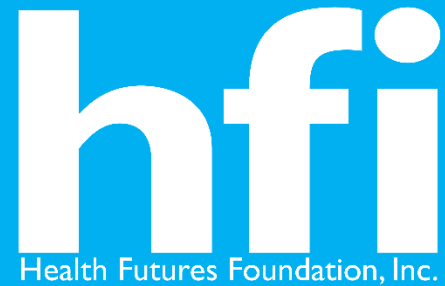
POSSIBLE

SORBITOL OR FRUCTOSE INTOLERANCE

Supportive Management

- Adopt a low-or-no-fructose and low-or-no-sorbitol diet, depending on the level of tolerance to fructose and sorbitol.
 - Avoid high-fructose corn syrup which is present in many food products such as fruit drinks, sports drinks, soft drinks, candies, jams, and other baked, packaged, canned, and sweetened food.
 - Avoid consumption of dried fruits, fruit juices, and eating too many fruits at a time.
 - Avoid food which contain more fructose than glucose. These include artichoke, tomato paste, asparagus, pears, mangoes, apples, watermelon, and cherries.
 - Avoid sugar-free food items (e.g. sugar-free chew gum, ice cream, mints, chocolate) containing sorbitol. Avoid fruits rich in sorbitol such as pears, apples, apricots, blackberries, plums, and nectarines.
 - Choose to eat the following fruits: banana, grapes, kiwi, blueberry, and oranges. Also, the following vegetables may be included in the diet: carrot, turnip, zucchini, cucumber, red bell pepper, and lettuce.
 - Use a sweetener that has equal parts of glucose and fructose (e.g. maple syrup or regular sugar). However, use them in small amounts.
 - Check labels on food packages. Avoid those containing fructose and sorbitol.
 - Prepare own meals, choosing ingredients which do not produce troublesome gastrointestinal symptoms.

Consult doctor for proper diagnosis and management of condition (e.g. referral to a dietician who could help with meal planning, etc.).



Unit 6, 4/F, The One Executive Office Building, 5 West Avenue, Barangay Nayong Kanluran, Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

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